

Upstream

COPPER KNOB
STEPPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maxim Peeters (BEL) - November 2023
音樂: Swimming Upstream - Gerry Guthrie



(no tag, no restart)

Final: Replace the first 2 counts of the 3th part by pivot ¼ in wall 7

RUMBA BOX LEFT FWD

- 1 LF step side
- 2 RF step by LF
- 3 LF step forward
- 4 RF step by LF
- 5 RF step side
- 6 LF step by RF
- 7 RF step back
- 8 LF step by RF

SLOW CHASSE, HOLD, ROCK ¼, HOLD

- 1 LF step side
- 2 RF step by LF
- 3 LF step side
- 4 hold
- 5 RF rock forward
- 6 LF recover
- 7 RF step ¼ to the right forward
- 8 hold

PIVOT ½, PIVOT ¼, WEAVE

- 1 LF step forward
- 2 L&R ½ turn to the right
- 3 LF step forward
- 4 L&R ¼ turn to the right
- 5 LF step over RF
- 6 RF step side
- 7 LF step cross behind RF
- 8 RF step side

CROSS ROCK, SIDE, HOLD, CROSS ROCK 1/4, HOLD

- 1 LF step cross over RF
- 2 RF recover
- 3 LF step side
- 4 hold
- 5 RF step cross over LF
- 6 LF recover
- 7 RF ¼ step to the right
- 8 hold

SLOW VAUDEVILLE x2

- 1 LF step cross over RF
- 2 RF step side slightly

- 3 LF heel touch next RF
- 4 LF recover to centre
- 5 RF step cross over LF
- 6 LF step side slightly
- 7 RF heel touch next to RF
- 8 RF recover to centre

CROSS SHUFFLE, HOLD, VINE ¼, HOLD + CLAP

- 1 LF step cross over RF
- 2 RF step by LF
- 3 LF step cross over RF
- 4 hold
- 5 RF step side
- 6 LF step cross behind RF
- 7 RF ¼ step to the right
- 8 hold + clap

PIVOT ½, STEP ½ TURN, HOLD, SAILOR ¼, HOLD

- 1 LF step forward
- 2 L&R ½ turn to the right
- 3 LF step ½ turn back to the right
- 4 hold
- 5 RF ¼ turn to the right behind LF
- 6 LF step side
- 7 RF step next to LF
- 8 hold

KICK BALL FLICK, POINT, FLICK, STEP, FLICK

- 1 LF kick forward
 - 2 LF step next tot RF
 - 3 RF flick cross behind left leg
 - 4 RF point to the side
 - 5 RF flick cross behind left leg
 - 6 RF step side
 - 7 LF flick cross behind right leg
 - 8 hold
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